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Bangalore Mirror

TEMP Max 26 | Min 20 | Humidity 64% Scattered Thunderstorms Sensex 79,496 | Nifty 24,141 | Gold 76,390 | Silver 90,407 | Dollar 84.40 | Euro 89.82 | GBP 108.61

HISTORY OF A PARK

Techie & history enthusiast takes Bengalureans on journey into past through nook & corner of Lalbagh

PAGE 2

START-UP CHAMP

Karnataka stands out as prominent player, ranking third in country, with significant number of start-ups

PAGE 4

One by one, street lights on St John's Road started going bust over last three months, leaving the stretch in complete darkness

TOTAL ECLIPSE OF THE STREET

Lights were installed when road was developed few years ago

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The Bruhat Bengaluru Mahanagara Palike (BBMP) authorities showed much enthusiasm to install street lights while developing St. John's Road in Shivajinagar Assembly constituency a few years ago. The street lights were functioning and it was very convenient for pedestrians to walk on the footpath at night. However, the situation now, is totally the opposite. Over the last three months, most of the street lights have become defunct putting pedestrians, especially women, at risk while traversing this stretch.

Residents of Sivan Chetty Garden and Kamaraj Road have been facing a lot of problems due to lack of street lights on St. John's Road. They said the street lights are on only for a few hours at night.

Expressing shock over the lack of street lights on this road, Ranjeet Kumar, a resident, said that he had complained to the BBMP authorities but the problem is yet to be fixed. "The BBMP ward engineer said that street lights were installed by the contractor assigned by Bengaluru Smart City Limited. When we contacted the contractor, he said that maintenance of street lights

CONTINUED ON PAGE 8 »

St John's Road in pitch dark

"More than 10 street lights are not working on St. John's Road. The BBMP must ensure proper lighting on St. John's Road for the benefit of senior citizens and women

— Sunil Sharma, resident of Kamaraj Road

Stop the harassment

After students threatened at knifepoint, monitoring of areas known to be unsafe for women urged

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In yet another incident of violence against women, a female student from a prominent university and her friend faced a harrowing experience while returning home in the evening last Friday.

They were passing through an area under SG Palya police station limits, a man in an auto-rickshaw allegedly approached them, brandishing a knife. He forcibly took the student's mobile phone, demanded she unlock it, and then left with a chilling warning. Later, when the student attempted to reach her phone from an unknown number, the man responded with a demand for Rs. 50,000, threatening further harm if she did not comply.

Incidents like this are becoming increasingly common, with multiple women reporting harassment, groping, and molestation. Some particular areas in the city have been heavily affected by such crimes. While the police have launched initiatives like Rani Chennamma Pade and Suraksha apps and Mahila Sahayavani to increase safety for women, it appears that a more stringent approach is needed to address the frequency and severity of these incidents.

Perpetrators carry on

In the recent harassment cases it is observed that the perpetrators are rarely nabbed. In the SG Palya case, the perpetrator is still on the run and the arrest is yet to be made. Despite Karnataka spending nearly Rs 600 crore from the

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Bond of friendship

Watch 'Bag Dancing,' a play that tells the poignant story of Imelda, a homeless woman who carries her life in bags filled with memories and stories. Neville, a young worker at a homeless shelter, keeps his feelings locked away, struggling with his own past. As their unexpected friendship grows, they start to share their stories, weaving a beautiful connection between them. The cast features renowned Kannada and English theatre artists BV Shrunga and Surabhi J Herur.
Where: Ranga Shankara, JP Nagar
When: November 15, 7:30 pm

02 Diverse poems

Listen to some amazing poems by five of Bengaluru's most talented poets in a special edition of 'Tuesdays with the Bard@Urban Solace.' Vijay Karthik's poems are introspective, often between the philosophical and the vague. Raphael Emileenaa is a neurodivergent poet whose work delves into the intricacies of the human mind. Somya captivates audiences with a straightforward style. Amrita Chopde's poetry invites readers into a vivid world of reflection. Tarun Chakraborty's poetry reflects the struggles of nonconformity, exploring themes of rebellion, introspection, and the pursuit of authenticity.
Where: Urban Solace
When: November 12, 7:30 pm to 9 pm

03 Handicraft fair

Explore a diverse range of handmade crafts from artisans across India at the 'Indian Artisans Bazaar,' a ten-day handicraft exhibition organised by the Grand Flea Market. The handicraft fair features thousands of unique designs crafted by artisans from various regions of the country, making it a must-visit event for art enthusiasts and supporters of handmade crafts alike.
Where: Karnataka Chitrakala Parishath.
When: Until November 17

Fight for fair wage

Local community resource persons (LCRP) and master book keepers (MBK) working in Gram Panchayat state a protest demanding proper wages at Freedom Park in Bengaluru on Monday

Walking down timeless green sanctuary of city

Techie turned history enthusiast explains stories behind 19 repurposed, closed down spots, structures in Lalbagh Botanical Garden through 'Lalbagh walk'

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The closed down Circular Aquarium (Nanjappa Memorial Hall) (left) and Dove Cot (right)

Lalbagh Botanical Garden, often seen as Bengaluru's lush green haven, is more than just an urban escape; it's a journey through history. A Lalbagh walk organised by techie turned history enthusiast Shyam Kodavarthi saw many Bengalureans walking to explore the history of Lalbagh. Founded in 1761 by Hyder Ali and inspired by the Mughal gardens of Sira, Lalbagh has blossomed over centuries under British superintendents and the famed German botanist Gustav Krumbiegel, with fascinating tales at every turn.

"Being a travel enthusiast, I love exploring historical and cultural heritage sites. Each path, rock, and plant in Lalbagh Botanical Garden tells a tale, connecting visitors to the era of Hyder Ali, British engineering prowess, and Krumbiegel's legacy," said Kodavarthi. "I used to post a lot of photos, and with encouragement from my friends and their eagerness to join along for a walk, I started this heritage walk. What began with just six people inviting their friends has now grown into a group of 20," he shared with a reporter.

As you enter, one of the first stops is the quaint Guard Room near the gate. Resembling a glowing lantern at night, this room was once part of Diwan Krishnamurthi's residence and was relocated from Race Course Road in 1940 during an expansion. Nearby is the Circular Aquarium, originally built in 1852 and repurposed as Nanjappa Memorial Hall until its closure—a quiet relic of bygone days. , explained Kodavarthi.

"Wandering further, you'll discover Bengaluru's only Baobab tree, a magnificent species from Madagascar that once stood proudly but was recently cut down, leaving curious visitors in its absence. However, Lalbagh still showcases the bark of a once-existing petrified coniferous tree, estimated to be 20 million years old—a symbol of Earth's ancient history," he said.

At the heart of Lalbagh lies the Victorian Band Stand, built in 1870 by John Cameron. Long before the grand Glass House was constructed, this spot hosted vibrant flower shows. Alongside, original British-era lamp posts made by Massey & Co, dating back to the early 1900s, still stand, blending with replicas crafted by HAL Bengaluru. The iconic Glass House itself, inaugurated by the Prince of Wales in 1889, remains a central attraction for annual flower shows, embodying Lalbagh's timeless elegance.

Engineering marvels

"Vintage water pipes from W MacFarlane & Co of Glasgow, installed in the 1920s, are remnants of meticulous British irrigation planning. Gustav Krumbiegel's 1920 building, originally intended as a horticulture college, now serves as the Director of Horticulture's office. Meanwhile, the adjacent accounts office stands empty, a reminder of ambitions unfulfilled," he added.

Another historical gem is William Munro's house which was built in 1839. It was converted into a Horticulture Library, which is closed now. "Climbing towards Kempegowda's Tower, built in 1597, visitors can marvel at the Peninsular Gneiss—a 3.5 billion-year-old rock formation and National Geological Monument. Declared a geo-tourism site by the Geological Survey of India, it draws scientists worldwide to study its layers and understand Earth's ancient crust."

Nearby, the Dove Cot designed by Cameron in 1893, houses over a hundred pairs of doves. Across from it, Krumbiegel Hall, once an office and lecture space for the botanist, was controversially demolished in 2017 and later rebuilt in 2020, though only two ancient lamp posts remain as original markers of its historic character. "With 19 unique stops, Lalbagh is more than a garden—it's a tapestry woven with history and heritage, inviting you to walk through the ages in a timeless green sanctuary," he added.

HIGH COURT

Fatal BMW crash: HC asks traffic officials to seize all e-footage

Family of woman, who died after 20-year-old drunk driver rammed into her, petitions High Court over 'police attempts to suppress case'

The Karnataka High Court issued directives on Saturday to Bengaluru traffic authorities to gather all electronic evidence related to the BMW collision incident where a 30-year-old woman lost her life near Kengeri Traffic Transit Management Centre.

The tragic incident occurred on November 2, when Sandhya AS from Basaveshwara Nagar was fatally struck by a 20-year-old driving his father's Mercedes-Benz whilst intoxicated. The driver, Dhanush, whose father Parameshwar owns LV Travels, also injured a motorcyclist, Syed Arbaz, aged 23 years.

Despite Dhanush's arrest and remand to judicial custody, the victim's spouse Shivakumar N petitioned the high court, alleging police attempts to suppress the case due to the accused's influential background.

Justice Hemant Chandangoudar served a notice to the state government, police and investigating officials, instructing them to "seize hard drives containing electronic footage of the accident". The next hearing is scheduled for November 14.

AS Shekar, the deceased's brother, recently disclosed that the accused's family approached them at the police station with an offer of Rs 1.5 crore to withdraw the case. "If money can solve everything, can it bring my sister back? We need justice. I am ready to pay them Rs 1.5 crore, can they return my sister?" he asked.

Sandhya, who worked as a voice artist, singer, and entrepreneur in the fashion industry, was struck by the Mercedes-Benz AMG GLC43 whilst crossing the road. She was pronounced dead upon arrival at hospital.

Authorities charged Dhanush under section 185 of the Motor Vehicles Act and sections 105, 125(a), and 281 of the Bharatiya Nyaya Sanhita (BNS), covering offences including drunk driving, culpable homicide, causing hurt, and rash driving. **BMB**

Maintenance order: 'Fathers must support daughters'

The High Court dismissed a plea challenging a maintenance order, emphasising that fathers have a legal obligation to support their daughters and ensure they receive quality education, regardless of whether they reside separately with their former spouse.

Justice Ashok S Kinagi, presiding over a single judge bench, rejected a petition by BC Hanumantharaju contesting a trial court's maintenance order. The trial court's ruling from March 7, 2023, mandated monthly payments of Rs 6,000 to each daughter until marriage, plus Rs 1,04,000 for current academic year educational expenses. The petitioner argued that post-divorce, he wasn't liable for compensation as demanded by the respondents. He also claimed insufficient opportunity at the Family Court to file objections and present evidence against his daughter's application under Section 125 of the Criminal Procedure Code.

The daughters countered that their father neglected their care and maintenance support, leaving them unable to sustain themselves.

Upon reviewing the case records, the high court noted: "Respondent No.2 is a minor, and Respondent No.1 is a major. It is not the petitioner's case that respondent No.1 is an earning family member."

The court further stated: "The petitioner, being a father, is legally bound to maintain the daughters and provide an excellent education to his daughters. On the contrary, the petitioner has not offered any maintenance to the daughters, i.e., the respondents." **BMB**

Biker held for attacking BMTC driver

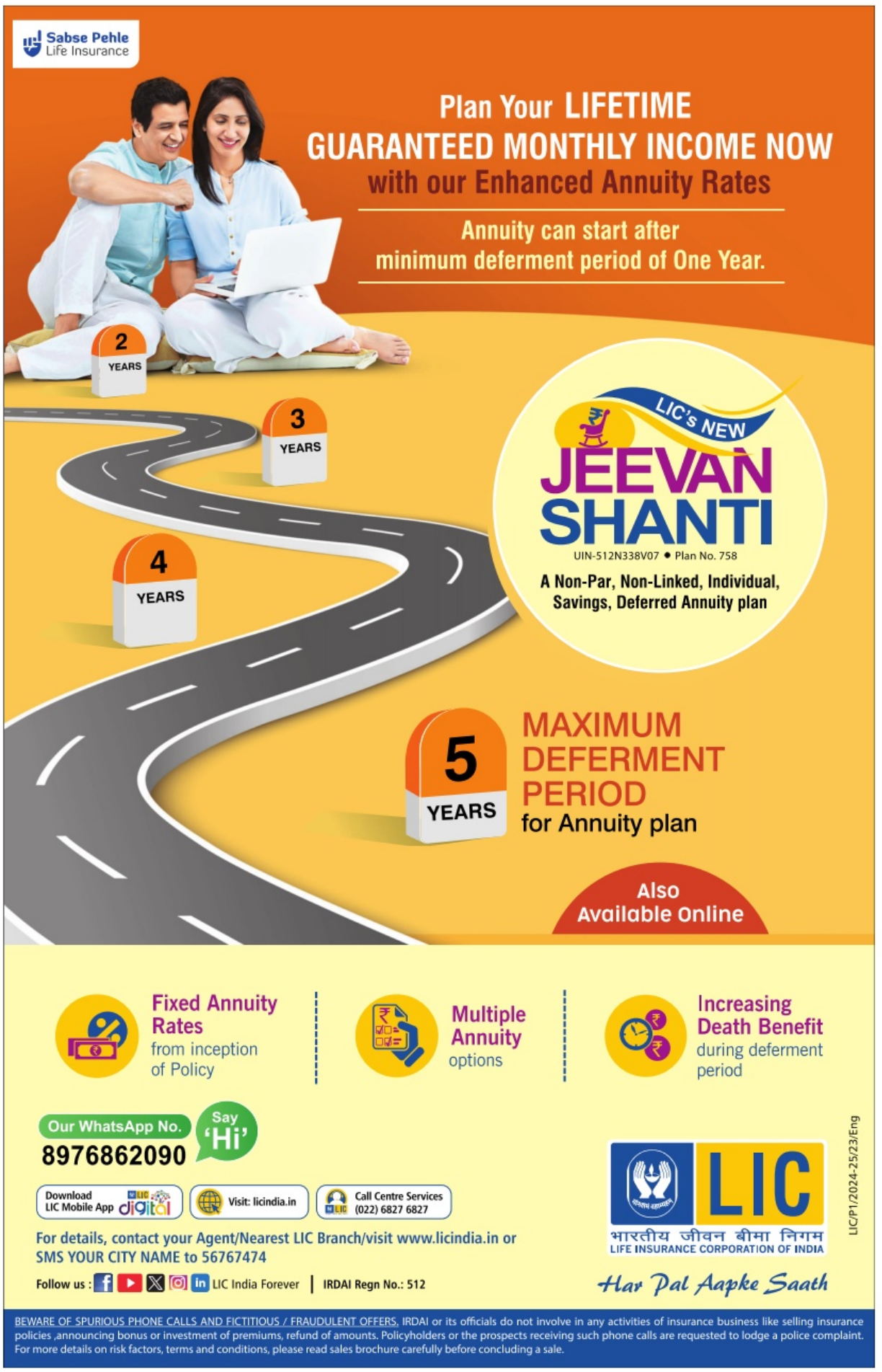
A 36-year-old rider was arrested after assaulting a bus driver over an alleged road rage case at Hale Guddadahalli junction on Mysuru road by Byatarayanapura police on Sunday. According to the police, the accused identified as Kamal Singh, a carpenter, who was riding a bike, confronted the driver and entered the bus heading to Vijayanagar via Mysuru road. He verbally accused the driver and this argument allegedly escalated in which the driver sustained injuries.

The conductor and other passengers locked him in the bus and handed him to Byatarayanapura police. Upon questioning, the accused told the police that the bus brushed off against his bike, but the bus staff have rejected these claims.

According to BMTC officials, the incident occurred around 8 pm when Murthuja Imam Saab, a driver from Depot-16, was attacked by the biker.

Despite the sudden attack, Imam managed to lock the bus doors, and with the help of passengers, the assailant was restrained and taken to Byatarayanapura police station, where a non-cognisable report was filed.

A BMTC official said, "Following the assault, Imam, who sustained injuries, was taken to Victoria Hospital by Sarathi vehicle staff, received immediate medical care, and was discharged later that night. BMTC authorities were quickly informed, and officials arrived at the scene to assess the situation. In light of recent assaults on BMTC employees, the Managing Director, Ramachandran R, met Police Commissioner B Dayanand on October 28, to request swift and stringent action against culprits." **BMB**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State of start-ups: K'taka stands 3rd

Around 18.2% growth year-on-year has led to 3,036 start-ups setting shop in state by 2023

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By 2023, the number of start-ups had surged to 3,036 maintaining K'taka's position as the third-highest

There is an ongoing debate about whether Bengaluru or Gurugram holds the title of the top startup hub in India. However, when considering states, Karnataka stands out as a prominent player, ranking third in the country for the number of start-ups.

In recent years, Karnataka has witnessed a significant increase in the number of startups, reflecting its growing prominence as a leading hub for entrepreneurial ventures in India. In 2022, Karnataka reported 2,568 startups, positioning it as the third-highest in the country behind Delhi and Maharashtra. By 2023, this number had surged to 3,036 maintaining its position as the third-highest. This increase represents a remarkable growth of approximately 18.2% year-over-year in Karnataka's startup landscape.

Comparatively, other major states have also seen substantial growth. For instance, Maharashtra, leading the startup race, grew from 4,813 startups in 2022 to 5,816 in 2023, marking an increase of about 20.8%. Delhi, while still at the forefront, saw a growth of approximately 22.6% from 2,580 to 3,162 startups. Uttar Pradesh also experienced considerable growth, with its startup count rising from 2,583 to 3,431, reflecting a 32.7% increase. Tamil Nadu's start-ups grew from 1,811 to 2,816, an increase of 55.4%.

In terms of Karnataka's contribution to the overall startup ecosystem, the state's figures represent a significant portion of the national total. In 2022, Karnataka's 2,568 startups constituted approximately 9.7% of the total 26,596 startups in India. By 2023, the 3,036 startups in Karnataka made up around 8.7% of the total 34,842 startups across the country. Despite this slight decrease in percentage share, Karnataka's absolute numbers reflect its sustained and critical role in the national startup ecosystem, showcasing its robust entrepreneurial environment and ongoing appeal to startups.

> **SISFS scheme was introduced with Rs 945 crore allocated to provide financial assistance for concept development, product trials, and market entry**
>
> –Jitin Prasada, Union Minister

During a recent reply in Rajya Sabha, Union Minister of State for Commerce and Industry, Jitin Prasada, outlined several key initiatives undertaken by the government to support and promote startups across India. The Startup India Action Plan, launched in 2016, includes 19 initiatives aimed at simplifying processes, providing funding support, and fostering industry-academia partnerships to build a robust startup ecosystem. Building on this, the 'Startup India: The Way Ahead' initiative, introduced in 2021, focuses on enhancing ease of doing business, leveraging technology, and building stakeholder capacities for a self-reliant India.

"To address the critical need for early-stage capital, the Startup India Seed Fund Scheme (SISFS) was introduced with Rs 945 crore allocated to provide financial assistance for concept development, product trials, and market entry. Complementing this, the Fund of Funds for Startups (FFS), with a corpus of Rs 10,000 crore, offers capital at various stages of growth, reducing reliance on foreign investments and encouraging the development of homegrown venture capital funds. Additionally, the Credit Guarantee Scheme for Startups (CGSS) provides credit guarantees to loans extended to DPIIT-recognised startups by banks and financial institutions, ensuring easier access to finance. These efforts, along with over 55 regulatory reforms, self-certification for labour and environmental laws, income tax exemptions, and faster exit processes, reflect the government's comprehensive strategy to nurture innovation, drive sustainable economic growth, and create large-scale employment opportunities in India's startup ecosystem," Prasada said reflecting Karnataka's potential.

Malleshwaram Kadalekai Parishe to be plastic-free

4-day Kadalekai Parishe starting from Nov 15, will have 40,000 paper bags and 8,000 cloth bags distributed

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Malleshwaram Geleyara Balaga president BK Shivaram, social activist Anup Iyengar, writer Leela Sampige, and Raja Shashidhar releasing the poster on Monday

The Kadumalleshwara Geleyara Balaga gears up to organise Kadalekai Parishe from November 15 to 18. The organisers have been making efforts to make the four-day Kadalekai Parishe free from plastic.

"We have taken measures to ensure there is no plastic at Kadalekai Parishe. We, in association with Malleshwaram Social and others, have made arrangements to distribute around 40,000 paper bags to the vendors to encourage them not to use plastic bags," said BK Shivaram, president, Kadumalleshwara Gelayara Balaga.

Shivaram has said that the organisers have prepared a plan to distribute around 8,000 cloth bags free of cost during the four-day event. "The cloth bags are made out of used clothes. The bags are clean and hygienic," Shivaram added.

Around 400 stalls by farmers from Bengaluru Rural, Kolar, Chikkaballapur, Ramnagar, Tumkur, Sira, and Chitradurga will be set up at the fair to sell organic and hybrid ground nuts. "We expect more than three lakh people during the four-day event," he said.

The Geleyara Balaga has also made arrangements to celebrate the 200th Hunnime Haadu—a music programme on occasion.

Former Union Minister, M Veerappa Moily, will inaugurate the Parishe. Deputy Chief Minister DK Shiva Kumar, Minister for Transport and Muzrai Ramalinga Reddy, Minister for Kannada and Culture Shivaraj Thangadagi, MLC BK Hariprasad, Union Minister Shobha Karandlaje, MLAs Dr CN Ashwath Narayan and Munirathna will attend the function.

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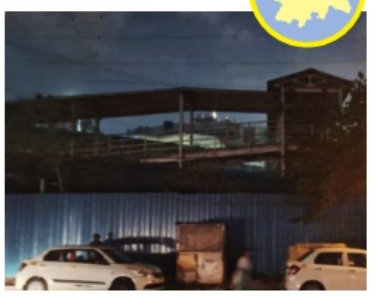
Garbage dump
Jayanagar

In Jayanagar's 4th T Block, garbage accumulation remains a persistent issue. Despite regular complaints and BBMP's cleanup efforts, the problem recurs with no permanent solution in place.

Unlit footbridge
Cooke Town



The footbridge connecting Cooke Town and Cox Town, near Bengaluru East Station, is dangerously unlit at night. This lack of lighting makes the area unsafe, attracting mobile snatchers and drug users with reports of prostitution and disruptive behaviour by certain groups.

Unfit bus stop
NGEF Layout

The Bhuvanagari bus stop on Kasturinagar's entrance is in a state of disrepair on both sides of the stop. Bus services to NGEF and Ramamurthy Nagar have also been inadequate for many years.

HC dismisses PIL claiming corruption in transferable development rights grant

Karnataka High Court on Monday rejected a public interest litigation (PIL) that claimed corruption in granting transferable development rights (TDRs) in Bengaluru at low rates for land usage in Kodiyala Karenahalli for a garbage facility. The bench, comprising Chief Justice NV Anjaria and Justice KV Aravind, noted that BJP leader and former Bruhat Bengaluru Mahanagara Palike (BBMP) councillor NR Ramesh had not provided justification for the delayed court approach, coming over a decade after the state's 2013 TDR grant order.

The Court stated, "In the pleadings, not a whisper is found about the delay in instituting such a petition after years. In any view, the court cannot entertain the PIL after more than a decade, more particularly because it is not found to be containing any merit." The Bench expressed concerns about possible collusion between BBMP and the petitioner, noting contradictions

between the municipal authority's counsel's submissions and the state's position.

The petitioner's representative argued that valuable TDRs for Bengaluru land use were granted in exchange for property situated far from the city. They claimed rule violations in TDR grants and cited a previous Advocate General's opposing opinion. The counsel clarified their objection was not to garbage facilities but to the TDR grant process. The state's Additional Advocate General sought dismissal, suggesting political motivations behind the petition, noting Ramesh hadn't raised these issues during his BBMP councillorship.

The BBMP counsel expressed concerns about TDRs and Development Rights Certificate impacts within BBMP limits, highlighting the 40-acre size of the exchanged land. The Chief Justice questioned the BBMP counsel's extensive submissions and apparent contradiction with government positions, asking about the 2013 order's validity. The BBMP counsel acknowledged the order's legitimacy.

In its final order, the Court criticised the BBMP's arguments, noting, "...The conduct and stand taken by BBMP in appearing without notice and proceeding to make elaborate submissions was incomprehensible." The Court dismissed the PIL with strong disapproval, mandating the petitioner to pay Rs 10,000 to the Karnataka Legal Services Authority. —BMB

Kristu Jayanti College launches 'Millets Mela'

Kristu Jayanti College, as part of its inclusive growth program, Kristu Jayanti Sarva Vikas, inaugurated the Millets Mela on Friday, aligned with the Government of India's One District One Product (ODOP) scheme under the Viksit Bharat @ 2047 vision. The event is an initiative under the Unnat Bharat Abhiyan (UBA), aiming to channel the energy of students and youth toward a common goal of a developed India. The event welcomed farmer producer organisations (FPOs) from Chitradurga, Bijapur, Chintamani, and Davanagere, facilitating collaboration and knowledge exchange between agricultural stakeholders and students. Dr GT Putra, Director of the Department of Agriculture, Government of Karnataka, and Shashi Raj, poet and social worker, presided over the inaugural ceremony. —BMB

BM Education

Schools asked to set up clubs promoting civic engagement & electoral literacy

The Central Board of Secondary Education (CBSE) has introduced guidelines for schools to set up Electoral Clubs and Democracy Rooms aimed at instilling civic engagement, democratic participation, and electoral literacy in students.

A board official said, "The primary goal of these clubs is to educate students on electoral rights and processes, democratic principles, and civic responsibilities. By creating these platforms, CBSE aims to empower students to become informed and engaged citizens who understand the workings of a democratic society. Schools are encouraged to appoint a faculty advisor to oversee club activities. These clubs can be established at various educational levels, including primary, secondary, and higher secondary, ensuring that democratic principles are introduced early and reinforced throughout students' academic journey."

Membership in these clubs is open to all students, regardless of academic background, to encourage diverse participation and a range of perspectives. CBSE emphasises that a variety of viewpoints enrich discussions and contribute to a well-rounded understanding of democracy. —BMB

3-day training for French language teachers

Bengaluru City University's Centre for Global Languages, in collaboration with Institut Français in India and Alliance Française Cavilam (France), held a three-day training program, "Cinema et FLE" (Cinema and French as a Foreign Language), that invited French language teachers from across India to explore innovative ways to use cinema as a teaching tool for French language instruction. BCU's Vice Chancellor, Professor Lingaraja Gandhi highlighted the importance of continuous learning, unlearning, and relearning in today's dynamic, globalised world.

43 schools participate in South Asia IB Schools Association (SAIBSA) event

The South Asia IB Schools Association (SAIBSA) event was held in Bengaluru with close to 400 International Baccalaureate (IB) teachers from 43 schools participating. SAIBSA has, for over two decades, been a movement for IB collaborative learning and professional development. The day began with the lighting of a lamp, followed by short speeches by Canadian International School's (CIS) senior education team as well as the SAIBSA president.

The teachers then dispersed into subject-wise sessions. Jay Langkamp, CIS high school principal, said, "Many teachers contributed their time and expertise to make this event a success. There was a great mix of both new and experienced teachers. We are hopeful that the connections that we made will result in increased opportunities for the students that we serve to work together to continue to have a positive impact on our communities." Kaiser Dopaisi, president, SAIBSA, said, "It's been a very engaging and joyful moment for all the collaborators to meet and connect. A teacher-led event, I have seen it grow from competitiveness to collaboration, and collaboration is indeed the way the world is running where learners will be active, passionate, lifelong learners. Ideas don't have a name and place for them."

Heated star war at Channapatna

Political heavyweights, party workers make last-ditch effort to woo voters on final day of campaigning

(Left) JDS candidate Nikhil Kumaraswamy with BJP state president BY Vijayendra; (Right) Dy CM DKS with candidate CP Yogeshwar

The campaign for the bypolls in three Assembly constituencies in Karnataka will end on Monday.

The leaders of ruling Congress and BJP-JD(S) alliance are making last-ditch efforts to woo voters as the results are considered to be crucial.

The bypolls in three Assembly segments have been necessitated due to the elections of three legislators to Lok Sabha in the general elections this year.

The high-profile Channapatna seat, was represented by Union Minister for Heavy Industries and Steel HD Kumaraswamy.

The Shiggaon Assembly constituency was represented by former CM and BJP MP Basavaraj Bommai and the Sandur seat was represented by former minister and Congress MP E. Tukaram.

The Channapatna seat was held by the JD(S), Shiggaon by BJP and Sandur segment was won by the Congress party earlier.

The BJP has never been able to win Sandur (ST reserve) Assembly constituency. The Congress has fielded former minister Tukaram's wife Annapurna Tukaram as its candidate.

CM's intense campaign

Chief Minister Siddaramaiah had camped in the constituency for five days and carried out intense campaigning. The BJP has fielded Bangaru Hanumanthu, the party State ST Morcha President as its candidate.

The party is hopeful of wresting the seat for the first time following the Maharshi Valmiki Tribal Welfare Board case.

Besides, mining baron and MLA Gali Janardhana Reddy and former minister B. Sriramulu's efforts are expected to fetch more votes for the BJP.

Minister for Labour Santhosh Lad, Congress MP Tukaram, MLA B Nagendra, who was jailed in a tribal welfare scam are working together to win the seat.

The BJP camp in Shiggaon is upbeat about the results as the party is expecting polarisation of Hindu votes against the Muslim candidate fielded by the Congress party.

State BJP President B.Y. Vijayendra has declared that their party has already won the seat.

Bharath Bommai, son of former CM Basavaraj Bommai is the BJP candidate and Yasir Ahmad Khan Pathan is the Congress candidate.

Minister Zameer Ahmad Khan has taken the responsibility of the seat and MP Basavaraj Bommai is camping in the constituency after the declaration of bypolls.

The high-profile Channapatna seat is witnessing intense fighting between the NDA and the Congress party. Nikhil Kumaraswamy is the JD(S) candidate, taking on former BJP senior leader CP Yogeshwara from the Congress.

> **"Within 3 years, we will see Ramanagara and Channapatna develop as twin cities. We'll establish a factory near the silk market**
>
> –HD Kumaraswamy

Deputy CM DK. Shivakumar and his brother, former Congress MP DK Suresh has taken it as a matter of prestige to ensure the victory of the Congress candidate.

Former PM HD Deve Gowda's family is making an all-out effort to ensure the victory of Nikhil. The JD(S) patriarch at an election rally on Sunday criticised the guarantee schemes.

—IANS

BBMP to lock & recover dues from commercial spaces

BBMP Chief Commissioner Tushar Giri Nath has directed officials to seal commercial properties with significant outstanding property taxes to enforce recovery. Speaking at a meeting today at the Malleshwaram IPP conference hall, he emphasised the need for each division to take appropriate steps to collect dues from defaulters and resolve pending cases.

Assistant revenue officers in each zone have been instructed to hold area-specific meetings to identify cases with substantial unpaid property taxes and ensure strict measures are taken for prompt collection.

Raising awareness on OTS Scheme

He said, "Under the One-Time Settlement (OTS) scheme, BBMP is offering a waiver on interest and penalties for outstanding property taxes until November 30, 2024. All property owners with outstanding dues are advised to pay their taxes by November 30 via the BBMP tax portal, BBMPtax.karnataka.gov.in. From December 1, unpaid dues will incur double the penalty, as a reminder to citizens to settle their taxes promptly."

E-khata services at Bengaluru One centres

To facilitate easier access to e-khata, Bengaluru One centres now offer this service. Citizens can obtain their e-Khata by presenting the necessary documents and paying a fee of Rs 45. BBMP has uploaded instructional videos in Kannada and English on their YouTube channel detailing how to apply for e-Khata and upload documents. Citizens are encouraged to subscribe to the channel for further updates.

— BMB

Experts worry over possible reversal of night traffic

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Karnataka Deputy Chief Minister DK Shivakumar's recent statement on lifting night travel restrictions from National Highway 766 in the core zone of Bandipur National Park has left wildlife conservationists and legal experts bewildered.

Addressing a public meeting in Wayanad, Kerala, recently, DKS announced that the government would take all necessary steps to lift the night traffic ban (NTB) that was restored by the Karnataka High Court in 2010 and upheld by the Supreme Court in 2019.

Experts say these are tall promises, given the orders passed by multiple courts, including the Supreme Court (SC) in 2019.

NH-766 linking Karnataka with North Kerala cutting through Bandipur Tiger Reserve

"The state government has no legal remedies apart from bringing in a proposal for an alternate route. The night traffic ban on NH 766 cannot be reversed," said GR Mohan, an advocate who is involved in the case. The alternative route (SH 90 and NH 275) increases the distance to parts of Karnataka by nearly 40 kilometres.

"(Alternative routes) ought to be made at least as good as the particular route passing through the core and buffer zones of this tiger reserve. We, therefore, directed the Ministry of Environment Forests & CC to file an affidavit with suggestions as to how NH-275 and State Highway No. 90 be made into a National Highway (that is, State Highway No. 90 be merged into NH-275), and see that both the width and other features of this highway be made at least equal to NH-212 (now NH-766) which may then, in the long run, be closed down altogether," noted the apex court in its order.

"We have lost many animals, including elephants, on the highway due to accidents. Last year we lost an elephant in a road accident. The accident happened around 7 pm, much before the night traffic ban hours. Moreover, the Supreme Court has advocated the complete shutdown of the highway due to its location in the core area of the National Park. DKS's statement is puzzling," said Joseph Hoover, former State Board of Wildlife member and founder of the United Conservation Movement and Charitable Trust.

Ramesh Belagere, a wildlife researcher at the Foundation of Ecology and Education Development, says the number of road kills had gone up to over 750 by 2009.

Conservationists underline that the Wildlife Protection Act, 1972 states "core or critical tiger habitat areas of National Parks and sanctuaries are required to be kept as inviolate for the purposes of tiger conservation."

"The Government of Karnataka has already spent nearly Rs 75 crores for strengthening alternate routes Hunsur-Gonikoppal-Kutta based on the orders of HC. Any attempt to ease the current traffic curb would be detrimental to wildlife, especially tigers and elephants," said Giridhar Kulkarni, a wildlife conservationist.

Activists cry foul as lake land is almost gobbled up

Warehouse constructed on 3 acres of encroached lake land in Makali; case filed, accused fails to be present in special court claiming he is not well

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

If the encroachment of lake land at Makali in Bengaluru Rural district is any indication, it seems there is no safety or protection to the water bodies in and around Bengaluru. It is quite shocking to see the apathy of the revenue authorities in protecting water bodies from encroachers. No action is taken unless and until someone raises complaints about encroachment of lakes.

For instance, let's talk about the three acres and 22 guntas of lake land at Makali that are encroached upon, and a warehouse is constructed on it. Karnataka Land Grabbing Prohibition Special Courts issued summons on July 10, 2024, to N Chaluvaraya Swamy to appear in court on August 5, 2024, as a case was filed against him based on a complaint stating that he constructed a structure illegally on the lake land (three acres and 22 guntas). Swamy's advocate filed a petition before the court stating that his client could not appear in court as he is suffering from severe radiculopathy. The advocate submitted a medical certificate issued to Swamy by Matru Multispeciality Hospital, Basaveshwaranagar, Bengaluru.

According to documents available with Bangalore Mirror, the lake land was purchased by Lakshmikantha, the son of Narasimhe Gowda, for Rs 1,32,12,500 from eight people, including four minors from Makali, on March 28, 2007. There are no details on how the cash was given to the sellers of the disputed land (lake land). However, Lakshmikantha, the brother of Swamy, executed a 'Gift Deed' on April 27, 2021, in favour of Swamy. Though Lakshmikantha is free to donate the property as per his wish, the reasoning behind transferring a property that was purchased 14 years ago is not clear.

The warehouse constructed on lake land in Makali

> **The revenue department has to take measures to protect water bodies. The authorities should not wait till the public complains to them. They must recover the land**
>
> –AR Shashi Kumar, HC advocate

It is said that the survey department conducted a survey on the lake land on August 4, 2021, and found that three acres and 22 guntas of lake land were encroached with the construction of a godown structure. It is to be noted that the survey was conducted after the land was gifted to Swamy by Lakshmikantha.

Likewise, activists are demanding that the state government protect lakes from being encroached by politicians and the land mafia. "I am of the opinion that the revenue department has to take measures to protect water bodies. The authorities should not wait till the public complains to them. I want the authorities to recover the lake land," said AR Shashi Kumar, High Court advocate and activist.

Expressing a similar opinion, G Venkatesh Bhovi, a social activist, said the existence of lakes is very important for people in and around Makali. "I want the authorities concerned to take action against those responsible for grabbing the lake land. I am shocked to know that the entire lake at Makali is grabbed by the land mafia," he added.

Design work begins for Metro Phase-3's double-decker segment

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The Bangalore Metro Rail Corporation Limited (BMRCL) has conducted geotechnical surveys for the double-decker segment of the Phase 3 Metro project and is proceeding with designs for elevated routes and stations. The Phase 3 Metro project will cover two main corridors: from JP Nagar 4th Phase to Kempapura and from Hosahalli to Kadabagere. BMRCL has called for tenders in three phases to design double-decker infrastructure for this phase.

An official said, "Design plans include double-decker, elevated routes, stations, roadways, and ramps spanning from Sumanahalli Cross to Kadabagere, Sumanahalli Cross to Kempapura, and from JP Nagar Station to BDA Complex Nagarbhavi Station. Additionally, BMRCL will seek consultancy reports on the layout of depots, multi-modal transport systems, and CIVAC (Centralised Inspection and Verification Automated Centre) facilities near Peenya and Sumanahalli."

Elevated metro corridor under Phase-2

For the 44.65-km Phase 3 corridor, land acquisition is already underway. The first package along the Outer Ring Road identifies 299 properties, with a preliminary notification submitted to the Karnataka Industrial Areas Development Board (KIADB). A joint survey for land acquisition is ongoing for the second package, according to BMRCL officials.

Continuing delays

Meanwhile, despite BMRCL receiving substantial financial support from both the state and central governments, timely completion remains elusive. Since the project's inception, BMRCL has received ₹56,218 crore in funding from the state and central governments. Now, project costs are now expected to exceed ₹1 lakh crore over the next five years.

The state government plans to construct double-decker flyovers on all upcoming Metro routes to help alleviate Bengaluru's traffic congestion. However, this plan could increase project costs. Currently, Phase 3 of the Namma Metro project is underway, with an estimated budget of ₹30,000 crore. With the added cost of double-decker flyovers, this figure is likely to rise by an additional ₹10,000 crore. A source said, "Under Corridor-1 of Phase 3, a double-decker flyover is planned from JP Nagar 4th Phase to Kempapura on the 32.15 km stretch. Additionally, construction from Hosahalli to Kadabagere is underway, with the Union Ministry of Finance approving ₹15,611 crore for this section..."

Choreographer turns chain-snatcher

A 25-year-old dance choreographer was arrested on Monday for stealing valuables to help his girlfriend's mother's treatment.

The accused, identified as Syed Nadaf, a resident of JP Nagar, is said to have snatched a gold chain from a petty shop owner. He had gone to the shop under the pretext of buying cigarettes. The police analysed CCTV footage and got hold of Nadaf.

The police recovered 3 gold chains worth Rs 8 lakh and a motorcycle which he used to commit this crime. The police also detected four other cases with his arrest. He is said to have been robbing gold or snatching chains to help his girlfriend's mother with her treatment for cardiac ailments. –BMB

Man bludgeons colleagues to death

A 35-year-old man was arrested after he bludgeoned two of his colleagues to death over a drunken brawl on Monday.

The accused Suresh Shashi was reportedly on the run after committing the crime and was arrested while trying to flee the city within 48 hours.

According to the police, the accused was working at a travel agency as a cleaner and in the parking unit of the company where the two deceased, Nagesh and Manjunath were also working.

The police revealed that the deceased would tease him about his criminal background as before joining this work, he was arrested by Subramanyapura police in 2012 on charges of attempted murder, kidnapping, and rape, leading to his imprisonment. Unable to secure the necessary funds for bail, he remained in Parappana Agrahara Central Prison until 2024, when a Kannada film star provided financial assistance on humanitarian grounds, enabling his release.

This frequent harassment enraged the accused and on Saturday night he assaulted the men and escaped. According to police, he was intoxicated. –BMB

Biker dies in crash on BGS flyover

A 23-year-old identified as Pritbi Bhooniya lost his life in a motorcycle accident on the BGS flyover in the early hours of Monday. The incident, which took place around 3 am, is said to have occurred after Bhooniya's motorcycle hit the median and subsequently collided with a pole on the flyover.

According to police sources, Bhooniya had been out celebrating with his father and brother earlier in the evening. His father had come to visit him, and it is believed that alcohol was involved in the gathering.

Police are investigating whether Bhooniya was wearing his helmet or simply carrying it, as fragments of the helmet were found at the scene. Bhooniya was declared dead on the spot, and night patrol officers transferred his body to Victoria Hospital. –BMB

Sex video case: SC rejects Prajwal's bail plea

The Supreme Court on Monday dismissed a bail petition filed by Karnataka's sensational sex video case prime accused and former MP Prajwal Revanna, who is the grandson of former PM HD Deve Gowda.

Senior advocate Mukul Rohtagi, appearing for Revanna, contended that opponents orchestrated a conspiracy to gain political mileage.

"I was earlier an MP, I was contesting for MP and I lost because of all this," he said, adding that a charge sheet has been filed against Revanna and he has been behind bars for four months.

Refusing to entertain the matter, a bench, headed by Justice Bela M. Trivedi, dismissed Revanna's special leave petition seeking bail. Further, the Bench, also comprising Justice S.C. Sharma, said that it would not pass any order granting liberty to apply afresh for bail after a period of six months.

In an order passed on October 21, the Karnataka High Court had rejected Revanna's plea for bail in connection with two rape cases and a case of recording of video of a victim of sexual harassment.

Prajwal Revanna is facing four cases in connection with the sex video scandal.

One of the victims from Hassan had filed a rape case against Prajwal Revanna in Bengaluru Cyber police station. The trial court had earlier rejected the bail in the matter. Another case is related to the sexual assault of a maid at the farmhouse in Holenarasipura.

The disturbing video of the incident has gone viral on social media during the Lok Sabha election, with the footage of the aged maid, pleading with him to spare her as she is an elderly lady, who served food to his father and other elders of the family as she was sexually assaulted, had stirred outrage.

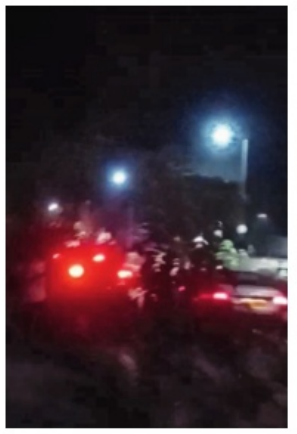
The victim was kidnapped after the video surfaced on social media and the police had arrested Revanna's father and JD-S MLA H.D. Revanna. Presently, he is out on conditional bail. **IANS**

Lights off on St John's Road

CONTINUED FROM PAGE 1

is not his responsibility," said Kumar.

Maria of Aam Aadmi Party said that she had also complained to the BBMP authorities about the defunct street lights. "I sent a video and photos in support of my complaint to the BBMP, but they did nothing to fix this problem. In the absence of street lights, it is not safe for women to walk on this road in the evening and at night," said



Demanding the BBMP officials visit the spot and fix the problem as early as possible, Sunil Sharma, a resident at Kamaraj Road, said senior citizens and women are the worst affected due to the lack of street lights. "More than 10 street lights are not working on St. John's Road. The BBMP authorities must ensure proper lighting on St. John's Road for the benefit of senior citizens and women. Many people use this road to reach Kamaraj Road and other areas," said Sharma.

Appealing to the BBMP to restore street lights, a resident pleading anonymity said poor or lack of lighting on St. John's Road will encourage anti-social elements to indulge in street harassment and chain snatching. "Authorities concerned must look into the matter and do the needful without delay," the resident said.

The BBMP assistant executive engineer (street lights) was not available for comment.

Rs 600 crore spent under Nirbhaya fund, but is city safe?

CONTINUED FROM PAGE 1

Nirbhaya fund, it is unclear who is responsible for managing and monitoring the "dark spots" or "red zones". Brinda Adige, a women's rights activist, emphasises the need for enhanced training for police personnel working with the 112-emergency service. She suggested that the city police build stronger coordination with civil society organisations that offer various forms of support, including counselling, shelter, and guidance.

Adige said, "If the police worked closely with civil society groups, their efforts would be more effective. However, laws, schemes, and institutions meant to protect women often operate in silos without coordination, which undermines the safety system."

Patrolling and monitoring needed

The city police have reiterated a zero-tolerance policy against harassment and violence towards women, emphasising that all such incidents should be promptly reported.

According to the Commissioner of Police, B Dayananda, the department has been collaborating extensively with local NGOs to raise awareness about issues like domestic violence and abuse. "We conduct awareness programmes in schools and colleges, engaging with female students to educate them on their rights and the resources available," he said.

The police have also implemented strict measures against culprits in such incidents. Several safety initiatives have been established for women, including 'Safe Connect', 'Safety Islands'," and the emergency number 112, which officers report are working effectively.

"Recognising the importance of economic independence for women's security, the police, along with corporate sponsors, are supporting initiatives such as providing auto-rickshaws for women and offering skill training programmes," the Commissioner of Police added.

Additionally, regular patrolling and monitoring efforts have been strengthened across the city to reinforce these safety measures and prevent incidents of harassment.

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I, Siraj Reddy C S/o Dommasandra Venkatappa Chandrashekhar R/o S.S.V.N School Road, Near Balamurgan Temple, Dommasandra Vi&Po, Sarjapura Hobli, Anekal taluk, Bengaluru-562125, declare that my name has been mentioned as Siraj Reddy C in my educational and other relevant documents, have changed my name to Siddharth Reddy C.

I, Somashekara Ankana Halli Ramu S/o A V Ramu R/o 3519-1, 1st cross, C-blk, Gayathrinagar, Rajajinagar, B'luru 560021 have changed my name to Somashekar Ankanahalli Ramu Affidavit Dt.11/11/2024 Notary Harisha G, B'luru

I Vandana Vilas Hekre, D/O Vilas Hekre, has surname changed to Vandana KS W/O Sandesh KP, R/o Brigade Meadows, Bangalore

I, Francis Jeavear R/a No 26, 8th Cross, Thimmaiah Garden, R T Nagar, Bengaluru-560032. I have changed my name to Francis Xavier. Vide Affidavit dated on 11/11/2024 Sworn Before Notary S N Madhu Bangalore

I, Elsy Anthony R/a No 26, 8th Cross, Thimmaiah Garden, R T Nagar, Bengaluru -560032.I have changed my name to Elsy Anthonappa. Vide Affidavit dated on 11/11/2024 Sworn Before Notary S N Madhu Bangalore

I, Sivapriya I.V. D/o G. Velayutham, R/o 130-131 Ebrahim Sahib Street, Bangalore - 01. After my marriage on 25.02.2010 have changed my name to Sivapriya Satish W/o J. Satish for all purpose.

I, Annapoorna Parikshith R/o 659, 38th cross, 14th main, 4th T block, Jayanagar, Bengaluru 560041 have changed my name to Annapoorna Chandrashekaraiah Affidavit Dt.11/11/2024 notary Harisha G, B'luru

I, Dinesh K R S/o, Rangaiah K G R/o No 524/11 Ground Floor 2nd Main Road 2nd Stage A Block Rajajinagar Bengaluru 560021 have changed my name to Vishal Dinesh for all purposes.

I, SADIQ PASHA., S/o Chote Sab R/at No.7/6, 3rd Cross, Padarayanapura, Bangalore-560026 have changed my name to SADIQ KHAN vide affidavit dated: 8/11/2024 Before Notary Deepa. M Bangalore.

I, Ahalya.S,R/o No-163,11th main road,gayathri layout, basaveshwara nagar, Bengaluru 560079 have changed my name to Ahalya.B.S for all purposes.

I, Ashrafunissa W/o Chand Pasha # 17 3rd Main Road Bengaluru-560032 have changed my name to Ashrafunnisa for all purposes

I, Farheen Khannam D/o Naushad Ali Khan # 9/26 5th Main 1st Crs Blr-29 have changed my name to Farheen Khanum for all purposes

I, Deepakkumar Maheshkumar Sharma R/o 4i Samruddhi Bright Homes, Kundalahalli, Near Ryan International School, Bangalore 560037 have changed my minor son's name from Jaagrav Sharma to Jaagrav Deepakkumar Sharma.

I, Leyakhat Begum W/O Shaik Mahamed Azeez A # 41/5 Netaji Road Blr-05 have changed my name to Liaqath Azeez for all purposes.

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personal

CHANGE OF NAME

I, Firdous Banu Girach, daughter of Mahamadimthiyaz and Jayida, residing at No. 29, 2nd Main, 2nd cross, Vayunandan Layout, Hebbal, HA Farm Post, Hebbal Bangalore 560024, hereby declare that my father's correct name is Mohammed Imtiyaz and my mother's correct name is Zaheda Banu The previous names were incorrectly mentioned in educational documents.This notice is for correcting the records for my passport application.

I Harsh Kumar L Golecha (28 yrs) S/o K Lalit Kumar Golecha residing at No 39/1, R.T Street Bengaluru-53 have changed my name from Harsh Kumar L Golecha/Harsh L Golecha/Harsh Lalit Kumar Golecha to HARSH GOLECHA for all future records. Affidavit IN-KA64038112229001W

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HEALTH TIP: Alcohol consumption and smoking affect bone density and can lead to osteoporosis

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PARTNER IN CRIME

Men who see women as objects more likely to be violent towards partners: Research

Intimate partner violence is a global scourge. One in four Australian women have experienced physical or sexual violence at the hands of an intimate partner. The perpetrators are overwhelmingly heterosexual men.

Many factors contribute to this form of violence. Persistent gender inequality is a fundamental systemic cause, but researchers have identified additional risk factors. These include alcohol and drug use, past experience of family violence, financial stress and sexist attitudes.

One psychological factor that may be implicated in intimate partner violence is objectification. Feminist thinkers such as Cambridge scholar Rae Langton and American philosopher Martha Nussbaum have proposed men who treat their partners as "object-like" are disposed to harm them because they fail to see them as fully human.

Objectification can involve men judging their partner's value in her physical appearance, seeing her as a possession, or denying her agency and autonomy. The common thread is a subtle or not-so-subtle form of dehumanisation.

Recent psychological research has tried to test these ideas, with intriguing results.

Our new research

Past research found young men who sexually objectify women are especially likely to perpetrate sexual violence. It also showed that men who unconsciously associate women with objects have a relatively high propensity for sexual harassment.

In our recently published work, we moved from considering violence towards women in general to violence towards men's intimate partners. You might expect men would be less likely to objectify those they claim to love. The appalling statistics on intimate partner violence suggest otherwise.

Our new article presents findings from three studies on the role of objectification in intimate partner violence. Each study sampled American men aged 18 to 35 who were in a committed romantic relationship of at least one year's duration.

In our first study, men completed a computer-based task – the Implicit Association Test – commonly used to measure unconscious bias. We adapted the task to assess how much they automatically associated women with inanimate objects or animals.

The group also responded to questionnaires measuring how often they engaged in a range of abusive and sexually coercive behaviours towards their current partners. Although based on self-reporting, and therefore open to distortion, these measures are valid predictors of violent behaviour.

As expected, men with relatively strong tendencies to associate women with objects reported higher rates of violent and coercive behaviour. This effect did not occur because these men held more hostile sexist attitudes toward women.

Objectification and sexism were distinct predictors of intimate partner violence, suggesting that objectification independently contributes to this form of violence.

Voodoo dolls

Our second study extended the first in two ways. First, we adapted the association test to examine how much men automatically associated their partner with objects, rather than women in general.

Second, we added a more behavioural test of violence. The Voodoo Doll Task allows participants to use "pins" to stab a doll, presented on a computer screen, that shares their partner's name.

Each participant has an opportunity to use as many pins as he wishes after vividly imagining a provocative scenario. He is at a bar with his partner when she starts flirting with another man and expressing discontent with her current relationship.

Stabbing a virtual doll with digital pins is not the same as inflicting actual violence, of course. However, people who use more pins are more prone to real-world violence. Their inhibitions against acting violently are likely weaker.

In our study, men who tended to associate their partners with inanimate objects reported higher rates of violence, as in the first study. They also stabbed the voodoo doll with more pins if they were highly upset by the provocative scenario.

The objectifying mindset

Our first two studies examined objectification as the tendency to associate a person with objects. Our third considered it as the tendency to focus on the person's physical appearance.

In our experiment, men were randomly assigned to write several sentences about their partner's appearance or about her personality. They then completed the Voodoo Doll Task and several short questionnaires.

As we predicted, young men induced to focus on their partner's appearance stabbed the doll with more pins. They also rated their partner as having fewer personality traits associated with being emotional and capable of action (which contrasts the inertness of inanimate objects).

What this means in the real world

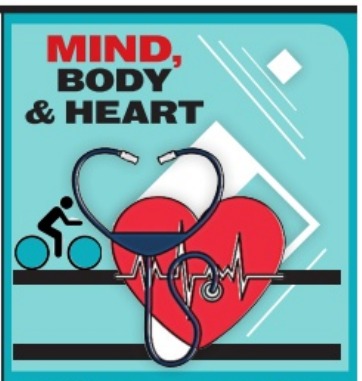
Our three studies indicate objectification plays a role in men's intimate partner violence against women. Men who implicitly see their female partners as object-like are at greater risk of acting violently towards them.

Inducing an appearance mindset may also promote intimate partner violence, suggesting objectification may be implicated in violence even among men who are otherwise not prone to it.

These findings offer a new perspective on intimate partner violence and how to prevent it. Fundamentally, they imply this violence is partially rooted in a failure of empathy. Some men are unwilling or unable to appreciate their partners as complete humans.

Cultural changes that boost or encourage men's appreciation of women's experiences, and reduce their focus on their physical appearance, may help reduce the terrible toll of violence in heterosexual intimate relationships.

(By Adriana Vargas Saenz and Nick Haslam, The University of Melbourne, The Conversation)



All you need to know about...

Moderate exercise

2.5 hours a week
Engaging in moderate-to-vigorous exercise, which can range from taking a brisk walk or cleaning the house to swimming or jogging, at least for 2.5 hours per week may keep your heart healthy, and help reduce the risk of irregular heartbeat (arrhythmia), according to a study on Monday.

Helps in case of arrhythmia
The study by researchers at New York University-Langone Health focused on arrhythmia, also known as atrial fibrillation -- a condition in which the heart's upper two chambers beat rapidly and irregularly instead of at a consistent pace. If left untreated, this can lead to stroke, heart failure, and other issues.

Lowers risk
The team found that engaging in physical activity between 2.5 and 5 hours per week -- the minimum amount recommended by the American Heart Association, showed a 60 per cent lower risk of developing atrial fibrillation.
People who averaged greater than 5 hours had a slightly greater (65 per cent) reduction.
"Our findings make clear that you do not need to start running marathons to help prevent atrial fibrillation and other forms of heart disease," said preventive cardiologist Sean Heffron, assistant professor in the Department of Medicine at NYU Grossman School of Medicine.
"Just keeping moderately active can, over time, add up to major benefits for maintaining a healthy heart," added Heffron.
For the study, the team used data recorded from the fitness tracker Fitbit to objectively measure physical activity in more than 6,000 men and women across the US.
The results showed that those with higher amounts of weekly physical activity were less likely to develop atrial fibrillation. —IANS

Chai-Time

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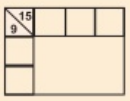
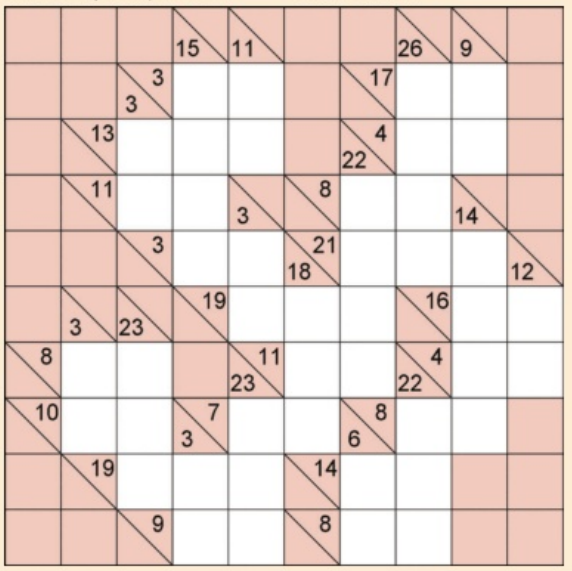
Kakuro

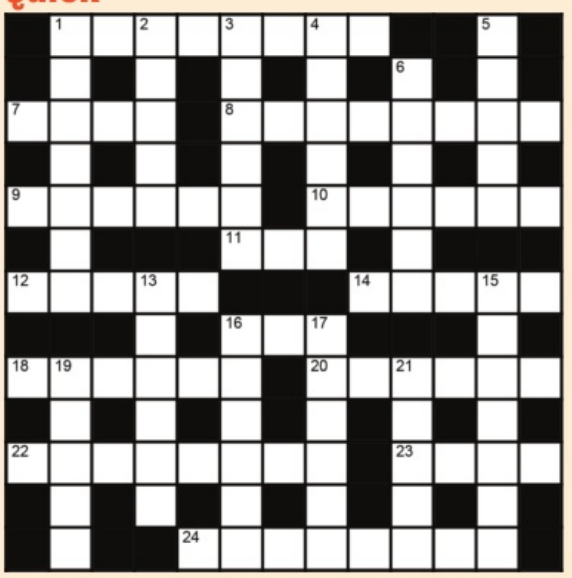
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Plan again (8)
7 Perfumed powder (4)
8 Seventy days to be precise? (3,5)
9 Pursuer rather than the one being pursued? (6)
10 Disappear (6)
11 Body of water (3)
12 Hate coupled with disgust (5)
14 Power systems (5)
16 Impudence (3)
18 Military engagement (6)
20 Once again (6)
22 Our erstwhile PHL team (2-6)
23 Congealed blood (4)
24 Accustomed (4,2,2)

DOWN

1 Arrived at (7)
2 Zeroes on the cricket scoreboard (5)
3 Ravi Shankar's instruments (6)
4 Famous Swiss city (6)
5 ___ fun at : assails with ridicule? (5)
6 Discoverer of smallpox vaccine (6)
13 Incalculable (6)
15 Warp (7)
16 Victims of Hansen's disease (6)
17 Didn't fail? (6)
19 Tolerate; dwell (5)
21 Right hand page of an open book (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Z EQUALS H
ZM UZDU XF NHGE RDE ODAA EH AHGMP.

Linemaro

How many times do I have to walk around you to make you fall for me?

Mindchow

The only person you need to be better than is the person you were yesterday

Joke of the day

Q: Knock knock.
A: Who's there?
Q: Control freak. Okay, now, you say, "Control freak who?"

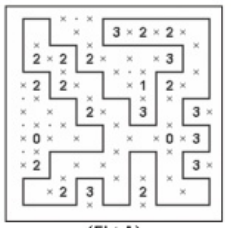
Loop

Rules

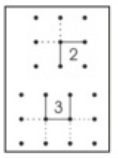
» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

How to begin:

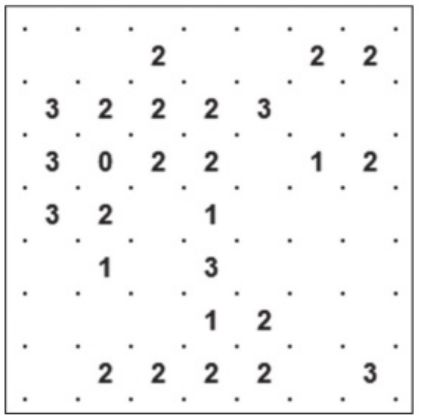
Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



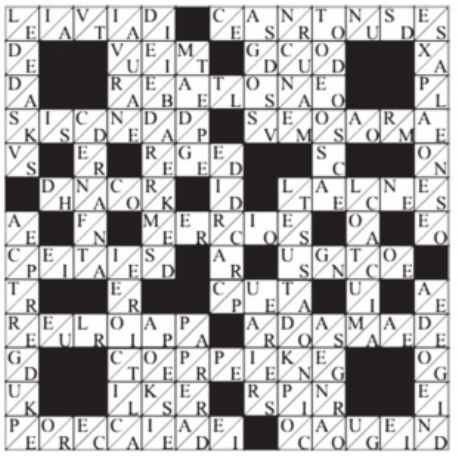
(Fig A)



(Fig B) Not Allowed



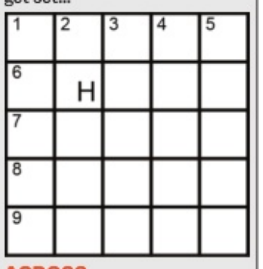
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Sport; 6 Ethos;
7 I rage; 8 Re-rut;
9 Me rye

DOWN

1 Taste; 2 Met HR;
3 Rouge; 4 So ire;
5 Pryer

Mensapuzzle

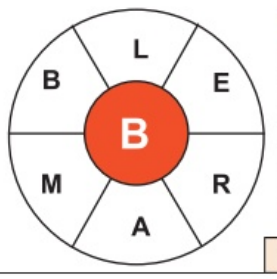
Here are some analogy challenges:

1) nearest : proximal :: farthest: ?

2) head : cephalic :: tail : ?

3) contralateral : other side :: ? : same side

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

18 Average; 20 Good; 22 Outstanding

SudokuChallenge

			6	5			9	2
9	3				2			
		5			9		7	
		3	7	4				6
		2				7		
4				2	6	5		
	9		3			4		
			9				5	1
5	8			1	4			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

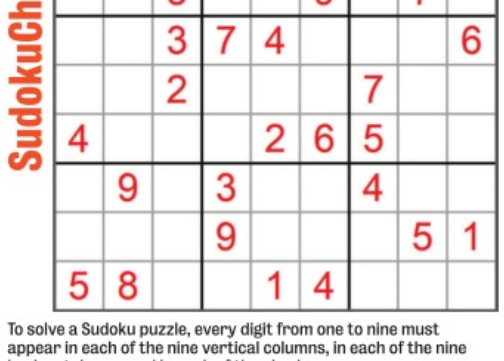
Easy = 5
4 4 6 9

Medium = 4
2 2 5 6

Hard = 16
7 8 8 8

Hocusfocus

Find at least six differences in details between panels.



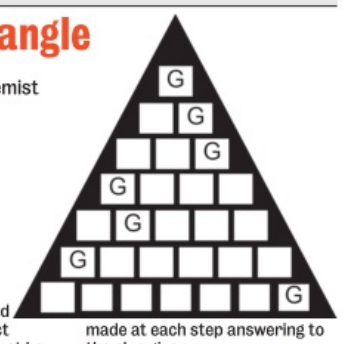
Differences: 1. Drawer is added. 2. Switch is added to lamp. 3. Tray is larger. 4. Hair is different. 5. Finger is moved. 6. Collar is different.

Riddler

Which word does not belong to the group: pond brook stream river

Alpha triangle

1 VII letter
2 Silver for the chemist
3 Straggle
4 Strong wind
5 Nimble
6 Amiable
7 Departing

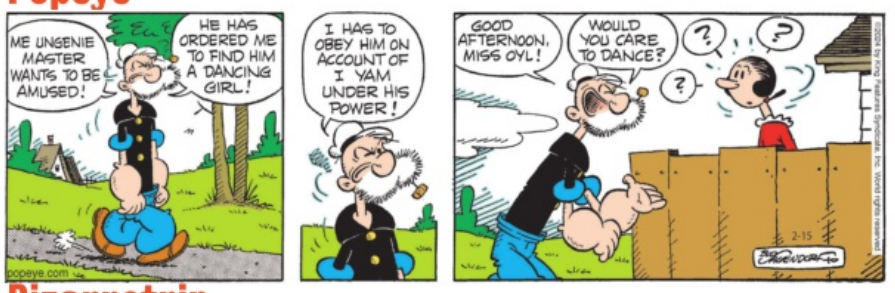


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


ME UNGENIE MASTER WANTS TO BE AMUSED!
HE HAS ORDERED ME TO FIND HIM A DANCING GIRL!
I HAS TO OBEY HIM ON ACCOUNT OF I YAM UNDER HIS POWER!
GOOD AFTERNOON, MISS OYL!
WOULD YOU CARE TO DANCE?
popeye.com

Bizarrotrip

Once upon a time, I could get a date just by inflating my throat sac.
Wayno & Piraro 8-7-24
Dist. by King Features
BIZARRO.COM
©2024 Bizarro Studios

Diamond Lil

Hart of the city

MOM
PLEASE TELL ME ANYTHING ABOUT THE PARTY!! PLEASE!
PLEASE!
PLEASE!
OKAY!! IT STARTS AT SIX!!
HEART, I MIGHT BE LATE TO YOUR PARTY. I HAVE A HAIR APPOINTMENT
THAT'S OKAY! IT DOESN'T START TILL 6 P.M.!
WHAT IF SHE MISSES THE WHOLE THING? WAIT, IS SHE TRYING TO MISS MY PARTY? DOES KAT NOT WANT TO GO?!
YOU OKAY?
Poof!
HAHA, OF COURSE!
HEART OF THE CITY © 2024 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

I'D LIKE TO DO A FEATURE PIECE ON YOU, BATTON...
AND I WAS WONDERING IF YOU'D LIKE TO GO DOWN TO MONTONI'S AND CHAT OVER SOME PIZZA?
THIS GUY'S REALLY GOOD!
KOMIX KORNER
MONTONI'S
8-7
BATTUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may dedicate time to creative pursuits. You might plan to renovate your house or workplace, and your creativity and expertise could help you bring your plans to life. You may also meet new people at work, possibly related to new contracts. Job seekers might find new opportunities, and students are advised to avoid speculative approaches in their studies.

Taurus Apr 21 – May 20
Today, you may feel low energy and sense some negativity around you, affecting your focus and work output, which could lead to confusion. It's best to postpone investments in businesses or new assets and to delay starting any new business ventures. Those employed might consider short-term courses or further studies to enhance their careers.

Gemini May 21 – Jun 21
Today, avoid rushing and drive safely. With the blessing of the stars, you may overcome your problems. You might feel more romantic, bringing harmony to your domestic life. Positive results in partnerships are likely, and couples may consider marriage. Students may also receive good news.

Cancer Jun 22 – July 23
Today, you may feel courageous and energetic, and this will reflect in your work. You'll likely have a strong focus on your goals, and a short trip may help expand your network. However, avoid harsh conversations with your spouse, as this could disrupt domestic harmony.

Leo Jul 24 – Aug 23
Today, you might spend money on your family, which could impact your financial health. Avoid spending on unnecessary things, and be sure to read documents carefully before signing. To maintain harmony in both personal and professional life, keep your straightforwardness in check. Dentists, motivational speakers, and call center executives may perform especially well.

Virgo Aug 24 – Sep 23
Today is favorable for gains, as you may achieve results with minimal effort. Losses might turn into profits with the help of your wisdom. You may plan to improve yourself through academic courses and might donate to religious places or charities. Investment in intellectual assets is also possible, and students are likely to do well.

Libra Sep 24 – Oct 22
Today, you may feel a bit down, and health issues, particularly chronic ones, could resurface. Avoid rushing or driving hastily. Try to avoid conflicts with business partners and delay important business decisions. Business investments should also be postponed. With blessings from elders, things may come under control by the evening.

Scorpio Oct 23 – Nov 22
Today, your destiny may bless you, allowing postponed projects to resume, especially with support from elders. Messy situations may resolve, speeding up your work. Family disputes may also be settled, increasing harmony at home. Your creativity may flourish, especially in arts and design, and you might be drawn to glamour.

Sagittarius Nov 23 – Dec 22
Today is a positive day, and you may feel enthusiastic. With a strong focus, you're likely to perform well in business and at work. Your boss may support you, possibly leading to new responsibilities or a promotion. You might also visit a religious place. Avoid arrogance in your love life to keep things harmonious.

Capricorn Dec 23 – Jan 20
Today, you're blessed by the moon, and your destiny is in your favour, enabling the start of postponed projects. With elders' blessings, you may overcome challenges, boosting your productivity. Domestic harmony is likely to improve after resolving family disputes. Creativity may blossom, particularly in art or glamour, attracting you to new ideas.

Aquarius Jan 21 – Feb 19
Today, you may feel mentally drained from overwork. This could lead to neglecting responsibilities, impatience, and possible arrogance, which might affect both personal and professional relationships. Tensions with your spouse are possible, so handle situations calmly to maintain your social respect.

Pisces Feb 20 – Mar 20
Today, fortune may favour you, bringing ample opportunities. You could create new contacts, and your wisdom may help implement creative plans at work, enhancing your reputation. You might consider renovating or rebuilding your house or office, and investments in fixed assets could bring profitable returns.

KIDZONE

Nikitha, 13 years, LA International Schol

Yurvi V, 6 years, Kumaran's Children home

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
1+(1/3) / (1/3)-1=
4/3÷ -2/3= -2

QUOTE UNCODE
He that is down can fall no lower.

FAST FIVE

E	M	E	R	Y
T	R	U	E	R
A	E	G	I	R
T	H	O	S	E
S	T	R	O	P

RIDDLER
pond; Pond is the odd one out because it is still water. Brook, river and stream refer to flowing water.

STRIKE OUT

P	R	E	C	E	D	E	C	A	G	E	D			
U		I	K	E	S	I	R				E			
D		T	O	P	P	I	N	G			G			
E	U	R	O	P	A	R	O	A	M	E	D			
T		R		C	U	T		U			E			
C	I	T	E	D		A		U	N	C	O			
A		F	E	E	R	I	E		O		E			
H	A	C	K		I		T	A	L	E	S			
S		R		R	E	D		S			N			
K	I	D	N	A	P		S	E	S	A	M	E		
A		A	B	A	L	O	N	E			P			
L	I	V	I	D		C	A	R	O	U	S	E		

QUICK

												E		
												D		
												B		
												N		
												G		
												E		
												S		
												E		
												P		
												E		
												T		

SUDOKU

7	1	4	6	5	8	3	9	2
9	3	8	4	7	2	1	6	5
6	2	5	1	3	9	8	7	4
8	5	3	7	4	1	9	2	6
1	6	2	5	9	3	7	4	8
4	7	9	8	2	6	5	1	3
2	9	1	3	6	5	4	8	7
3	4	6	9	8	7	2	5	1
5	8	7	2	1	4	6	3	9

ALPHA TRIANGLE
G, AG, LAG, GALE, AGILE, GENIAL, LEAVING.

LOOP

GO FIGURE
Easy
6 - 9 + 4 + 4 = 5
Medium
6 - 5 x 2 x 2 = 4
Hard
8 / 8 + 8 + 7 = 16

KAKURO

MENSA PUZZLE
1) distal
2) caudal
3) ipsilateral

BULL'S EYE
able, abler, amber, amble, ambler, babe, bale, baler, balm, barb, bare, beam, bear, blab, blame, blare, blear, BRAMBLE, lamb, marble, rabble, ramble

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Pan-India movie

The latest to join list of Kannada movies made for pan-India audiences is Guns and Roses. The movie, made in five languages – Kannada, Tamil, Telugu, Malayalam, and Hindi – is scheduled for release on December 27.

Arjun, the son of well-known script writer Ajay Kumar – plays the lead in Guns and Roses while Yashvika Nishkala is paired opposite him. The movie is bankrolled by HR Nataraj under the Drona Creations banner. HS Srinivas Kumar, who has been associated with Sandalwood for more than 25 years, debuts as an independent director in Sandalwood with this film. "I have worked as associate director for around 100 Kannada movies. I thank producer Nataraj for giving me an opportunity to direct this movie," said Srinivas.

"The movie belongs to the crime genre. I am happy with the commitment of Arjun," he said.

Heroine's hopes

Ashwini Chandrasekhar, an engineering graduate from Shivamogga, has become busy with Kannada, Telugu and Tamil movies. Ashwini plays the leading role in Vijay Raghavendra-starrer Rippen Swamy.

The poster of the movie, with a raw and gritty look, released in August, has created a lot of buzz. Vijay Raghavendra, known for playing soft and cop characters, plays a different character in this film. Ashwini Chandrasekhar plays an Ayurveda doctor.

"I debuted in movies with the Tamil movie Parandhu Sella Vaa. I am basically a classical dancer. I was Miss Karnataka 2011 and Miss South India 2012. My passion towards movies made me want to act in movies even after getting a Bachelor's Degree in engineering. My maiden movie in Kannada was Prema Pallaki," said Ashwini.

She said that she has high hopes for Rippen Swamy. "I play an important character in the movie. I am sure the audience will appreciate my acting skills. As of now, I am busy with Tamil movies. Some directors have approached me to act in Kannada movies but I am yet to take a call on accepting the roles," she said.

STRONG FRIENDSHIP

Nimrat deals with gossip-mongers with humorous reel

Actress Nimrat Kaur recently shared a humorous reel about friendships that make people jealous, amidst dating rumours with her "Dasvi" co-star Abhishek Bachchan.

Taking to her Instagram handle, Kaur shared a reel where she sits on the floor and lip-syncs to the trending dialogue, "Friendship inni pakki honi chahiye di, loki dekhte hi jal jaye, jal jaan. Kahe 'haww', aida." (Friendship should be so strong that people feel jealous just by looking at it. They should say, 'Wow,' like that.")

Alongside the reel, she captioned, "Meri aur KC (Karam Chand) ki dosti toh hai aisi… tag your BFF!!"

"Friendship should be so strong that people feel jealous just by looking at it. They should say, 'Wow,' like that..."

On Monday, the 'Airlift' star also shared an inspiring quote from Ram Dasson in her Insta stories. The note read, "Our journey is about being more deeply involved in life and yet less attached to it."

Recently, Nimrat has been in the headlines following an unverified Reddit claim that she is in a relationship with Abhishek and that they grew close during the filming of their film "Dasvi", which was released in 2022.

Since then, she has faced backlash on social media, with some accusing her of breaking Abhishek and Aishwarya Rai's marriage.

However, a source close to the Bachchan family dismissed these rumours, calling them "mischievous, malicious, and utter rubbish."

The source stated, "There is not an iota of truth to these rumours. We wonder why the lady (Nimrat Kaur) has not issued a denial. Abhishek is keeping silent as he has a lot going on in his life right now and has been advised to avoid any controversies."

Speaking to the media, Nimrat addressed the rumours, clarifying that no matter what she does, people will say what they want. She added that there's no stopping the gossip, so she chooses to focus on her work instead.

— IANS

Selfie game ace

Bhumi Pednekar recently took to social media to share her stunning selfies.

On Monday, the 'Bala' actress took to her Instagram handle and posted a series of her glamorous photos where she is seen posing candidly for the camera. Alongside the pictures, she wrote, "Selfie Game Going #Monday." In the images, Bhumi is seen striking different poses. The photos show the actress donning chic dresses with her make-up and hairdo game on point.

In some of the clicks, she turned up the heat by flaunting her cleavage in stylish outfits. Of late, the 'Dum Laga Ke Haisha' actress has been dropping her beautiful photos on the photo-sharing app.

Meanwhile, Pednekar recently appeared on Kusha Kapila's show "Tinder Swipe Ride" where she talked about the key qualities she seeks in a partner. The actress Bhumi Pednekar also revealed what she values most in a relationship, highlighting that true beauty is reflected in how a person treats others.

— IANS

Detective work

Khushi Kapoor and Vedang Raina are rumoured to be dating for a while, ever since they made their debut together in 'The Archies'.

The rumoured couple apparently was also on a holiday together as netizens had pointed out that they had pictures from a similar background recently. On Khushi's birthday, Vedang was also seen at her midnight 'pyjama' party, along with her other friends and all of them wore pyjamas with Khushi's initials 'KK' on them.

However, they've remained tight-lipped about their relationship and haven't admitted to it. But one wonders if they're ready to make it official now. Khushi had dropped some stunning vacay photos a few days ago, and eagle-eyed netizens quickly zoomed in and saw that she was flaunting Vedang's name on her bracelet.

Netizens wondered if this is their way of making it official. Meanwhile, a user commented on Vedang's latest post where he dropped some of his random pictures. The person said, "We all saw your name on Khushi's bracelet; you need to stop saying you're single in every interview!" Many girls dropped comments and wrote, "Khushi, tell us which god did you pray to?" Another user said, "We get it, khushi kapoor." On the work front, Vedang was just seen in Alia Bhatt's 'Jigra'.

Meanwhile, Khushi has a film opposite Aamir Khan's son Junaid Khan and a film with Ibrahim Ali Khan lined up next.

—ETimes